

## Welcome to Families on Faith Adventures @ Home!

This resource has been put together for you by the United Reformed Church Children's and Youth Work team and the synod CYDOs and their equivalents.

We hope you will enjoy sharing a time of faith and fellowship together as a family through these stories, games, activities and prayers. They are designed as a 'pick and mix' of ways to experience God's message through the Bible, exploring what it means to you and express that in words and action. They are not linked to the lectionary but can be used in any order as we explore all the different parts of the Bible.

The Walking the Way challenges are one way of continuing our walk with Jesus throughout the week.

These ideas are designed to be intergenerational - maybe even to be shared with members of the family you can't see now except via the internet.

The resources are based on our non-uniformed children's groups, Friends on Faith Adventures and Pilots, but have been modified to make them suitable for all families at home.

These activities are planned to be used together as a family and under adult supervision. Please be aware of your family's ages and abilities as some activities may need more adult support than others. **Stay safe and have fun!**

### This week's Bible story is:

## Stay Strong

Judges 16 verses 4 - 22



With many varieties of activities and things to do to help explore the theme. Look out for this 'hands on' symbol.

## Get to know your Bible

The Bible is like a library made up of 66 books written by many different people over many years.

The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

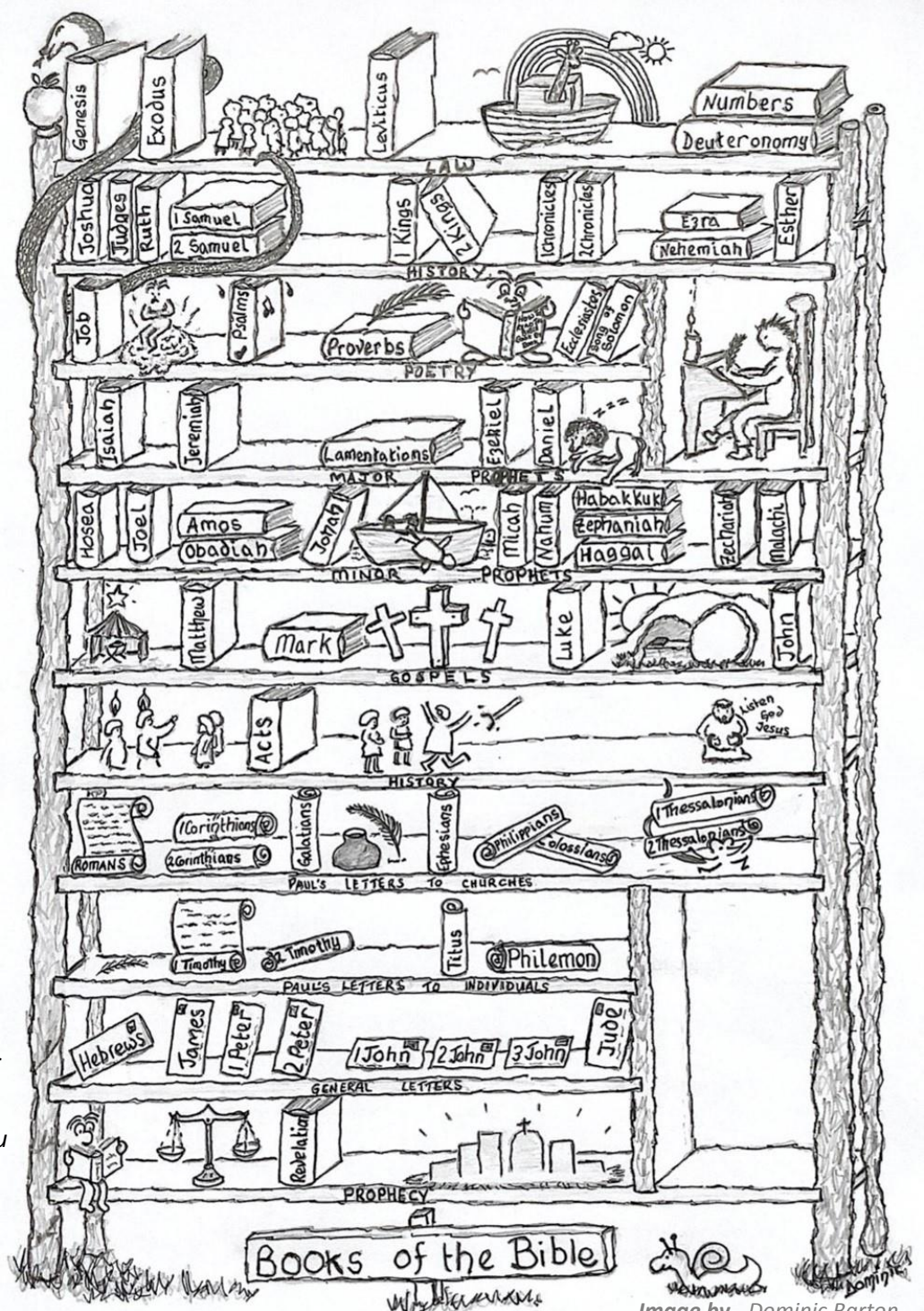
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



Can you find and colour the book on the bookshelf that this week's story is from?

If you have a Bible, see if you can find the story in there.

You could print this out once and colour each new book on the bookshelf as you read stories from it.



### **Bible context – Judges**

The book of Judges was written around 1050 BC; it is believed that Samuel the prophet wrote it. The book tells the stories of the time that Israel was ruled by 15 different judges. Some judges were good and wise like Deborah and Samuel but others were not so good and kind such as Abimelech. God was the ruler over all the judges, but not all of them listened to him. Samson was the last of the judges. He was famous for his amazing strength which was due to his long uncut hair. He kept his hair uncut as a sign of his faith in God. His birth was prophesied and it was said that he would save the Israelites from the Philistines. He did some amazing things like killing a wild lion with his bare hands and kept the secret of his strength close to his chest, until Delilah tricked him into telling her.

### **Online versions of the story**

#### **Watch and Listen**

Samson and Delilah Cartoon by Saddleback Kids

<https://www.youtube.com/watch?v=WcTqzQAeuZo>

Samson Animation by Kids on the move <https://www.youtube.com/watch?v=2TonT5Ulh9s>

Samson told by Children <https://www.youtube.com/watch?v=lscz0pAiaqA>

Cartoon for older children by BimBam <https://www.youtube.com/watch?v=62pSeKJU4EU>

Cartoon for younger children <https://www.youtube.com/watch?v=5VBk1FTPLZE>

#### **Dance and Sing**

Samson by Silly Scriptures <https://www.youtube.com/watch?v=w2jOmra1GxQ>

Big and Strong by Toddler Praise <https://www.youtube.com/watch?v=0FvAbqCYPrq>

Be Strong by Children Praise <https://www.youtube.com/watch?v=FY9wq2b1CBQ>

Stand Strong by VBS Publishing <https://www.youtube.com/watch?v=A6JeiPXIWa4&t=48s>

Let's be superheroes by Bounce Patrol <https://www.youtube.com/watch?v=Py4fhsx3Ct4>

### **The Story – Judges 16 v 4-22 (The International Children's Bible)**

*After this, Samson fell in love with a woman named Delilah. She lived in the Valley of Sorek. The kings of the Philistines went to Delilah. They said, "Try to find out what makes Samson so strong. Try to trick him into telling you. Find out how we could capture him and tie him up. Then we will be able to control him. If you do this, each one of us will give you 28 pounds of silver."*

*So Delilah said to Samson, "Tell me why you are so strong. How could someone tie you up and take control of you?"*

*Samson answered, "Someone would have to tie me up. He would have to use seven new bowstrings that have not been dried. If he did that, I would be as weak as any other man."*

*Then the kings of the Philistines brought seven new bowstrings to Delilah. They had not been dried. She tied Samson with them. Some men were hiding in another room. Delilah said to Samson, "Samson, the Philistines are about to capture you!" But Samson easily broke the bowstrings. They broke like pieces of string burned in a fire. So the Philistines did not find out the secret of Samson's strength.*

*Then Delilah said to Samson, "You've made me look foolish. You lied to me. Please tell me. How could someone tie you up?"*

*Samson said, "They would have to tie me with new ropes that have not been used before. Then I would become as weak as any other man."*

*So Delilah took new ropes and tied Samson. Some men were hiding in another room. Then she called out to him, "Samson, the Philistines are about to capture you!" But he broke the ropes as easily as if they were threads.*

*Then Delilah said to Samson, "Until now, you have made me look foolish. You have lied to me. Tell me how someone could tie you up."*

*He said, "Use the loom. Weave the seven braids of my hair into the cloth. Tighten it with a pin. Then I will become as weak as any other man."*

*Then Samson went to sleep. So Delilah wove the seven braids of his hair into the cloth. Then she fastened it with a pin.*

*Again she called out to him, "Samson, the Philistines are about to capture you!" Samson woke up and pulled up the pin and the loom with the cloth.*

*Then Delilah said to him, "How can you say, 'I love you,' when you don't even trust me? This is the third time you have made me look foolish. You haven't told me the secret of your great strength." She kept bothering Samson about his secret day after day. He became so tired of it he felt he was going to die!*

*So he told her everything. He said, "I have never had my hair cut. I have been set apart to God as a Nazirite since I was born. If someone shaved my head, then I would lose my strength. I would become as weak as any other man."*

*Delilah saw that he had told her everything sincerely. So she sent a message to the kings of the Philistines. She said, "Come back one more time. He has told me everything." So the kings of the Philistines came back to Delilah. They brought the silver they had promised to give her. Delilah got Samson to go to sleep. He was lying in her lap. Then she called in a man to shave off the seven braids of Samson's hair. In this way she began to make him weak. And Samson's strength left him.*

*Then she called out to him, "Samson, the Philistines are about to capture you!"*

*He woke up and thought, "I'll get loose as I did before and shake myself free." But he did not know that the Lord had left him.*

*Then the Philistines captured Samson. They tore out his eyes. And they took him down to Gaza. They put bronze chains on him. They put him in prison and made him grind grain. But his hair began to grow again.*

### ***Ideas to Retell/Explore the Story***

#### ***The Story Retold***

*1) I looked in the story and I saw*

*A man. He was huge, with big muscles;  
He was a strong man*

*2) I looked in the story and I saw*

*A man. He was huge with big muscles  
and really long hair;  
He was a very hairy, strong man*

*3) I looked in the story and I saw*

*A man. He was huge with big muscles  
and really long hair,  
The Philistines were scared of him;  
He was a slightly scary, very hairy, strong man*

*4) I looked in the story and I saw*

*A man. He was huge with big muscles  
and really long hair,  
The Philistines were scared of him  
and he travelled everywhere;  
He was a here and therey, slightly scary,  
very hairy, strong man*

*5) I looked in the story and I saw*

*A man. He was huge with big muscles  
and really long hair,  
The Philistines were scared of him,  
He travelled everywhere,  
He had a bit of a temper;  
He was a nostril flary, here and therey,  
slightly scary, very hairy, strong man*

*6) I looked in the story and I saw*

*A man. He was huge with big muscles  
and really long hair,  
The Philistines were scared of him,  
He travelled everywhere,  
He had a bit of a temper,  
and Delilah was trying to trick him;  
He was a suspicious and wary, nostril flary,  
here and therey, slightly scary,  
very hairy, strong man*

*7) I looked in the story and I saw*

*A man. He was huge with big muscles  
and really long hair,  
The Philistines were scared of him,  
He travelled everywhere,  
He had a bit of a temper,  
and Delilah was trying to trick him.  
He was Samson.... and watch what happened next!*



### **Syrup Tins**

*Have you ever looked closely at a golden syrup tin. In the middle of the green tin you will see the picture of a dead lion with bees buzzing around it. Under the picture are the words: "Out of the strong came forth sweetness". This has been the trademark logo for Golden Syrup since 1883. It is the oldest logo in the world. Whether it's an original tin, a plastic squeezezy bottle or a tin of black treacle, you will see the lion and the riddle.*

*Its creator, Abram Lyle, was a very religious man and his logo was inspired by the story of Samson. (Judges 14 v 14) Samson had killed a wild lion with his bare hands and a swarm of bees made their hive inside the carcass. Samson later used this as a riddle.*

*It is thought that it refers to the sweetness of the syrup coming out of the strong tin. The tin was famous for being hardy and strong. It even went to the Arctic with Scott and was found, many years later in the ice, intact and its contents undamaged.*

*Golden Syrup is still a favourite in Britain with over 1 million tins leaving the factory on the Thames every month. So next time you are in a supermarket, have a look and see if you can find the lion on the green tin of syrup.*

### **Table Top Discussions**

*Each day over a mealtime, have a quick conversation. Here are a few questions to get you going.*

- *Where do you find your secret hidden strength?*
- *Have you ever been in a situation where people having been trying to trick you into doing something? What helped?*
- *When are the times when you feel strong/weak?*
- *The Bible tells us that when we are weak, God makes us strong. What do you think this means?*
- *This story reminds us that when we are feeling weak, God is still working, things are still happening. Can you think of examples of this in your life?*

## What's in the box?

What treasures can you find to put in the box for your little ones to explore?

Perhaps older children could help find the things.



Use a box or a bag to hold the treasures and encourage any little ones to explore what's in the box/bag each week to go with the Bible story.



A toy to represent Samson  
and one to represent Delilah

Round  
ended  
scissors



Something with  
rainbow colours  
for God's promise



Some braided wool or  
string or friendship  
bracelets/bands



Some strong materials  
and some fragile ones  
- Talk about the difference

Please remember to supervise your child while they are playing with these objects. Even blunt scissors can poke or cut and small coins can easily be put into the mouth. Adapt these ideas to suit the age and understanding of your child.

Bag or purse of  
coins





## Pray Together

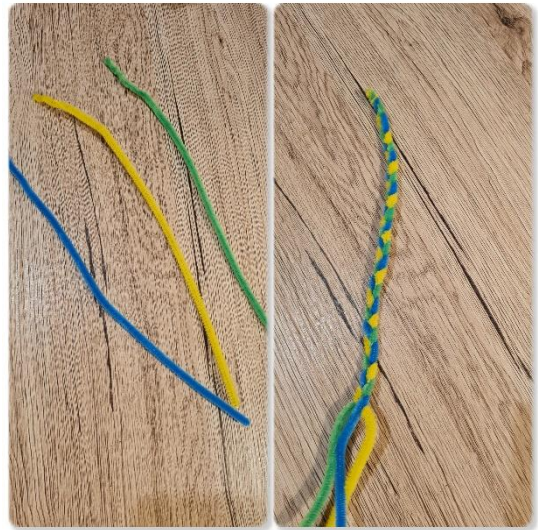
### Plaited Prayers

**You will need:** Three pipe cleaners



Take three pipe cleaners and twist them together at the top to join them together. Plait the three pipe cleaners together. As you do this think about God the Creator, Jesus who came to save us and the Holy Spirit who came to bring comfort and help after Jesus had gone to be with God the Father.

As you plait, you can say the names Father Son and Holy Spirit; knowing the strength of God, the love of Jesus and the power and comfort of the Holy Spirit.



If you don't have pipe cleaners, you could do this with string or wool or even long strips of grass.

*A prayer to say together*  
*Loving God,*  
*show us your power...*  
*Loving Jesus,*  
*show us your love...*  
*Holy Spirit,*  
*fill us with your power...*  
**Amen.**

## Pray Together

### Wings Like Eagles

*God, who is able to accomplish far more than all we can ask or imagine, gives us strength. Just as Samson was given physical strength, we too can have God's strength in our hearts.*  
Isaiah 40:31

*The people who trust the Lord will become strong again.  
They will be able to rise up as an eagle in the sky.*



Draw some wings onto a piece of paper and add words from the Bible verse from Isaiah. Cut small strips of paper about 10cm in length. These will become the feathers on the wings. Think about situations where you need God's strength and write these on a strip of paper. Think about others who might be tired, worried or needing help. Write their names on the paper.

Wind each piece of paper very tightly around a pen or pencil to make a curl. Stick each of the curls onto the wings as feathers. When you have added all your feather payers, spend some time in quiet and think about all the things you have written or drawn.

*For those who are tired,  
For those who are worried,  
For the things that need Gods help:  
Come; you will soar on eagles' wings  
God the Creator waits on you to lift you, to love you and renew you in strength.*

## Pray Together

### **Strong and Weak**

*Samson had strength when his hair was long but, when it was cut, he lost his strength. Sometimes we can feel very strong, but sometimes we feel very fragile. An egg can be both strong and weak. When it is in one piece, the shell is very hard and difficult to break, but once an egg has been broken, the shell is very fragile and breaks into pieces easily. I wonder what you can find that could be both strong and weak?*

*What objects can you find that are strong and what can you find that is fragile or soft?*

*Take the egg or your strong item in your hand and think about the things that you want to say thank you to God for.*

*Then take the egg shell pieces or fragile object and think about the things that feel broken. Ask God to heal them.*

*Know that God is with you in both the strong and the weak times - God is always with you.*

*An action prayer to say together:*

*Lord, sometimes I struggle at school or work (mime drawing a tick and a cross).*

**When I am weak, then God** (point upwards) **in me** (hand on heart) **is strong** (punch the air).

*Lord, sometimes I feel under the weather (droop head).*

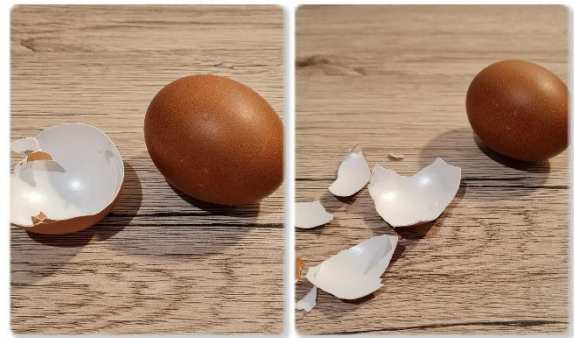
**When I am weak then God in me is strong**

*Lord, sometimes people say something that hurts ('zip' mouth).*

**When I am weak then God in me is strong**

*Lord, sometimes I do something I know is wrong (shrug shoulders).*

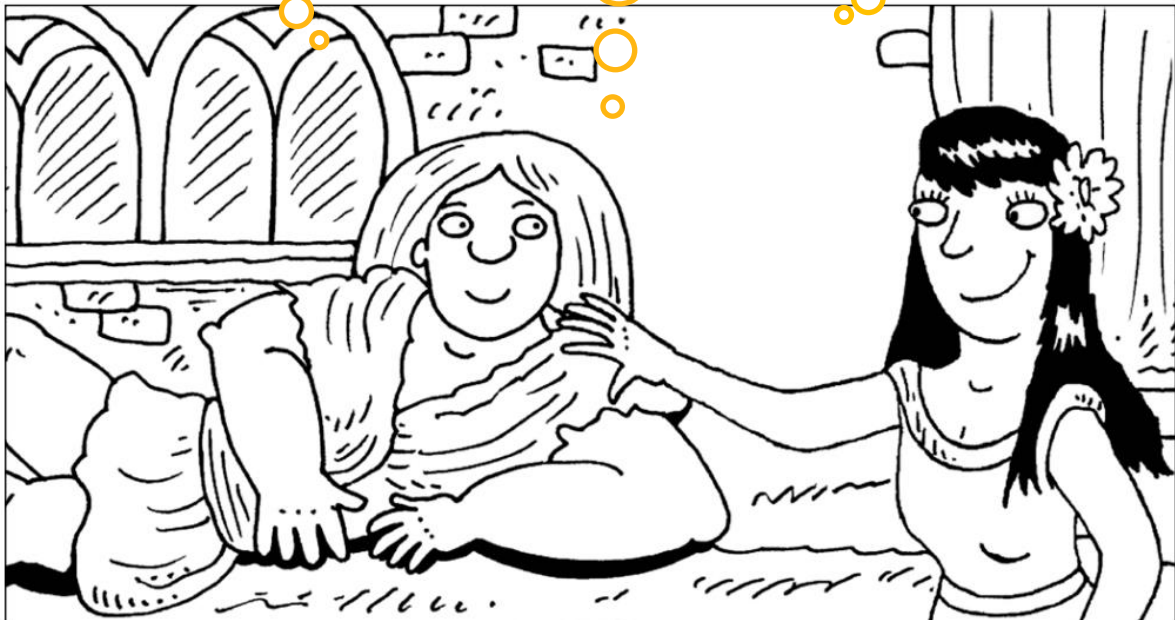
**When I am weak then God in me is strong**



*I wonder what happened when Samson's hair began to grow back?*

*I wonder if there are times when you have felt really strong and times when you have felt weak or powerless?*

*I wonder what you would do if you were as strong as Samson?*



*I wonder why Samson felt as though God had left him?*

*I wonder whether you ever feel tempted to do things that your faith or your conscience says you should not do?  
How do you stay strong?*



TO DO TOGETHER...

**Samsons' Wig**

**You will need:** A net bag from oranges or onions  
Scrap paper  
Tape

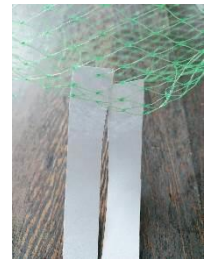
**What you do:**

*Cut a slit into the net bag.*

*Cut some strips of paper, about 1 cm wide, and some about 4 cm wide. Begin at the slit and start to tape the narrow strips on to the net. Do this until you have 2 layers. Then begin to add some of the wider strips and once they are taped down, fringe them with about 1cm wide slits.*

*Once you get near to the top, use the 1cm strips again to form the crown of the wig.*

*Samson had some amazing hair, create this wig and think about where your strength comes from.*





**TO DO TOGETHER...**

**Growing and Growing**

**You will need:** Cress seed  
An eggshell  
Cotton wool or Kitchen towel



**What you do:**  
Wash out your eggshell carefully, and then draw a face onto it.

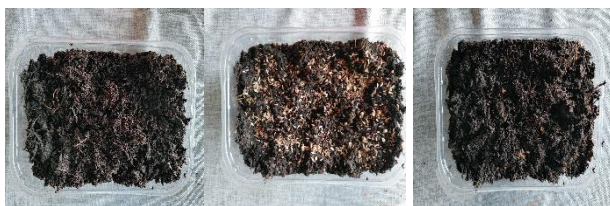
Carefully place some cotton wool or kitchen towel into it and moisten it. Sprinkle some cress seeds on the top, and leave in a sunny place for the cress to grow.

Like Samson's hair, the cress will grow and grow and grow, even after it has been cut it will grow back.



**Alternative**

You could make a tray of living lettuce by filling an old plastic container with holes in, with soil about  $\frac{3}{4}$  full and then sprinkle some lettuce seeds and cover them with some more soil. Water and leave it on your windowsill, when it grows, you can cut it and use it in your salads, and it will grow back for you to have some more.



# Walking the Way

Living the life of Jesus today

**Our Walking the Way Challenge  
this time is...**

**At Home:**

*Everyone washes their hair. Whenever you wash your hair this week, use it as a reminder about Samson and say a prayer to thank God for loving you so much that even every single hair on your head is counted.*

**Outside:**

*Find somewhere that you can sit and be with God in the outside world. Take three pieces of string with you and sit and practise plaiting the string, remembering that when we keep trusting in God, Jesus and the Holy Spirit, we can stay strong. Alternatively, why not have a go at making a daisy chain while you talk and listen to God?*

**For Others:**

*Some people lose their hair through anxiety, sickness, medication and medical treatment for illnesses, especially cancer. Sometimes when people with long hair have it cut, they donate their hair to the Little Princess Trust <https://www.littleprincesses.org.uk/donate-hair> to help make wigs, other people might be sponsored to shave their heads to raise money and awareness for cancer research charities. We are not suggesting you sacrifice your hair, but perhaps you could donate some pennies to a cancer charity this week.*



The  
United  
Reformed  
Church

**families  
on faith adventures**

at home

### **Adventurers Go!**

*You've shared together, now share with us!*

*Why not send photos of your crafts, your treasure boxes, your Walking the Way challenges - or dress up to make a tableau of the Big Story and take a photo to send in.*

Email your photos to: [lorraine.webb@urc.org.uk](mailto:lorraine.webb@urc.org.uk)  
with parental permission for them to be used in publicity and online URC social media.

Alternatively, share them on our Facebook page  
<https://www.facebook.com/URCchildren.and.youth/>

Remember you can find more resources on our website:  
<https://urc.org.uk/resources-for-children-and-youth>

*And if you've enjoyed these activities, why not see whether your local church runs Pilots or Friends on Faith Adventures (FOFA) when things get back to normal again.*

*Created for you by Nicola Grieves (Eastern Synod), Judy Harris (National Synod of Wales), Hannah Middleton (Northern Synod), Philip Ray (Wessex Synod, North), Lorraine Webb (Programme Officer for CYW), and Ruth White (Wessex Synod, South) on behalf of the CYDO+ and Children's and Youth Work team and Pilots.*



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